

You need to toughen your nipples before the baby is born to be able to breastfeed.

A poorly attached baby can cause sore, painful or cracked nipples

After four weeks of age, babies do not need to be fed more often than every four hours.

Being physically unable to breastfeed runs in some families.

Thrush can cause searing pain in the breast and nipple.

Breastfed babies are more likely to be fat than bottle-fed babies.

In summer, breastfed babies need extra water in a bottle.

Feeding a baby too often will spoil him or her.

You need to drink milk to make milk.

<p>False. Babies vary in the amount of feeding they need, and many factors such as the milk supply, the baby's birthweight, illness of mother or baby and the efficiency of the baby's feeding, play a part. It is commonly accepted that many babies will need feeding more often than four-hourly, even after 4 weeks of age, and that the mother should feed her baby when s/he needs to be fed rather than sticking to a schedule.</p>	<p>True. Poor attachment is the major cause of nipple pain and cracked nipples.</p>	<p>False. There is no evidence to suggest this, and common medical opinion is that is more likely to do harm than good. Nipples are meant to be soft.</p> <p>Far more important in avoiding nipple pain is correct attachment.</p>
<p>False. There is no evidence to suggest this. Statistically, breast-fed babies put on more weight in the first three months than bottle-fed ones, and after three months put on less. Traditional tables are not very accurate for this reason. Some studies have shown, however, that breastfed babies are less likely to be overweight as children and as adults.</p>	<p>True. A thrush infection can be very painful. The thrush is usually present in the baby's mouth as well, and both mother and baby need to be treated by a health professional.</p>	<p>False. There is no evidence to support familial or genetic factors involved in physiological failure of breastfeeding. The few physiological reasons to not be able to breastfeed are unlikely to be passed on in families. However, it is likely that a woman may have less support if she is surrounded by other women who have not managed to breastfeed. If a mother is motivated to breastfeed and does not have role models in her family, she would benefit from joining a support group during pregnancy, where breastfeeding is talked about and encouraged, and where she can see other babies who are breastfed.</p>
<p>False. Breastmilk is made by the mother's body from a range of nutrients in her food. While milk can play part of a balanced diet at all stages in a woman's life, it is not necessary provided the nutrients (e.g. calcium and phosphorus) are found in another source. An adequate fluid intake (enough to satisfy her thirst) and a good, varied diet are what is needed.</p>	<p>False. There is no evidence to suggest this. If anything, breastfeeding has been linked to good bonding, and a child who has a good relationship with its mother is probably LESS likely to be spoilt.</p>	<p>False. In summer a breastfed baby will want to feed more often. This frequent suckling will supply the baby with a larger quantity of milk, but the milk will tend to be more watery, thus perfectly supplying the baby's need of nutrients and more fluids. The mother should be responsive to her baby's need for more frequent feeds.</p>

False. For the first few days after a baby is born, its mother produces a very small amount of a special milk called colostrum. Full breast milk usually is not made until a few days after the baby is born.

You should wean when baby gets his or her back teeth.

Women with very small breasts cannot breastfeed.

Some babies with high birthweights are just too big for their mothers to breastfeed.

The ability to produce milk depends on the amount of breast tissue present. The size of breasts is largely determined by the amount of fat in the breasts. The two are not related.

False. The best time to wean is when mother and baby are both ready, however there is no exact time when weaning is best. Babies can easily be taught not to bite when their teeth come through.

True. For the first few days, the baby is drinking a nutrient-rich fluid called colostrum, which is low in quantity but very high in anti-infective properties. This is all the baby needs for this time. It is usually about three days until full breastmilk is produced. This milk continually changes over the course of lactation to meet the changing needs of the growing baby.

False. The female body is very adaptable and the frequency and strength of a larger baby's sucking stimulates the body to make a larger quantity of milk (just ask the mother of a breastfeeding 6 month old, or twins). A larger baby may need more frequent or longer feeds, or they may be an efficient feeder who takes less time to feed than a smaller baby.